2026

Makoa

5K, 10K & Half Marathon



ATHLETE GUIDE

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Presented by Aloha Racing



EVENT SCHEDULE

Wed, 11/18	
11:59p	Online Registration Closes
Thu, 11/19	
4:30 - 6:30p	Early Packet Pick-Up & Walk-Up Registration
Sat, 11/21	
5:00a	Packet Pick-Up & Walk-Up Registration Open
6:20a	Half Marathon Pick-Up & Registration Close
6:30a	Half Marathon Start
6:30a	10K Pick-Up & Registration Close
6:40a	10K Start
6:40a	5K Pick-Up & Registration Close
6:50a	5K Start
7:45a	5K Awards & Prize Giveaway
8:30a	10K Awards & Prize Giveaway
9:30a	Half Marathon Awards & Prize Giveaway
10:30a	Course Cut-off / Finish Line Closed

EARLY PACKET PICK-UP

Ka Makana Swim Club: 91-1410 Keone'ula Blvd, Ewa Beach

GOVERNMENT ISSUED PHOTO ID REQUIRED

- To prevent theft by folks who might just pick a name off the public roster, and to verify qualification for any discount you may have received, government issued photo proof of identity is required.
- Anyone you send to pick up your packet will need to have a copy of your photo ID. Hard copy or a pic on your phone… either way is fine as long as it's legible. *(Psst… please be sure the type of ID matches the discount taken.)*
- If someone else processed your registration for you online and you've never logged in to agree to the waivers & such, you MUST pick up your packet in person.
- Bib numbers are assigned and programmed into our system uniquely for each athlete. If you are picking up for a friend or family member, please be very careful not to swap bibs. (If your personalization doesn't make it clear, please be sure to write names on the back at pick-up.)



- Entries will be available and although checks will not be accepted, we're cool with cash or credit / debit cards that are Visa, Master Card, American Express or Discover.
- Because there will be hard-copy waivers to sign, all who plan to enter during walk-up registration must do so in person. Please do not send a friend or family on your behalf.

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EVENT LOCATION

Wai Kai: 91-1621 Keone'ula Blvd, Ewa Beach

Wai Kai is located on O`ahu's leeward side, very near the south shore. Click, tap or search the address above for individual directions, or just make your way to Ft Weaver Rd via H1 & head south. Turn right on Keone'ula Blvd & travel about a mile and a half west… you won't be able to miss us.



PARKING

To be sure parking is available for Wai Kai visitors when it opens, the paved lot will be restricted to **5K athletes only.** All other vehicles will be required to alternate between the gravel lot on property and overflow parking just .2 miles past the venue. Please plan to arrive at least **30 minutes** before your gun time and please follow the directions of lot attendants.

RIDESHARE

Please instruct your Uber, Lyft or taxi driver to identify themselves as a rideshare so they don't get stuck in a line to park unnecessarily. All rideshare drivers should proceed to the roundabout, so you are able to exit the vehicle safely.

RACE DAY PACKET PICK-UP

GOVERNMENT ISSUED PHOTO ID REQUIRED

- Government issued photo ID is required to prevent theft by folks who might just pick a name off the public roster, and to verify qualification for any discount you may have received.
- All packets must be picked up in person on race day. Please do not send someone on your behalf.
- Please pay very close attention to the information being confirmed when you check in… this is the #1 way to prevent issues with results and awards after you finish.
- Any entries that remain after online registration closes will be available in person only, and we're cool with cash or credit / debit cards that are Visa, Master Card, American Express or Discover but sorry, no checks.
- For those who are planning to register on race day, please be sure to take a peek at the closing time for your distance and plan accordingly.

Bibs must be worn so your race number is visible from the front at all times… not from the back or side, and always right side up.

The timing chip on the back of your bib must remain vertical.

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Aloha Racing will be matching your donations dollar for dollar.

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SAFETY

Nothing is more important to us than your safety... period, and hydration is key. Although you will not be allowed to fill bottles, cups of water will be available at the meal tent before you race.



- **Medical -** All staff vehicles and aid stations will be equipped with first-aid kits, and we'll have an EMT at the start/finish for anyone who may be in need of assistance.
- **Inclement Weather** - Although we plan to race rain or shine, the Race Director and/or Facility Management reserve the right to reschedule, modify or cancel any or all portions of this event if weather conditions or anything else compromises athlete safety or makes the originally planned event unachievable. *There will be no refunds and no credits toward another race for rescheduled, modified or cancelled events when the circumstance that made doing so necessary was out of our control.*
- **Emergency Plan -** Should an unexpected weather event or anything else cause the need for emergency evacuation on race day, anyone who becomes separated from their group should plan to meet at the Ka Makana Swim Club, where Early Packet Pick-up was held. (Click here for directions.)

COURSE INFORMATION

Ground markings, directional signs, marshals and/or volunteers will be positioned to guide you through the course, but it is always a good idea to study up in advance. Interactive maps are available online, and maps will be on display at Packet Pick-Up, but we will not be printing & distributing copies to each athlete.

SPECIAL ATTENTION: Roads surrounding the course are ***open to traffic.*** For your safety and for the future of our permits, please stay within the protection we provide, and please be sure to follow all instructions issued by HPD or by one of our marshals. *(Psst… when you see a sign that says, 'Shoulder Use Only', running in the road puts both you and our future permits at risk. Please do not run in an open lane of traffic.)*

Aid Stations	1	2	3	3	2	1	4	5	6	6	5	4	1
5K Mile	1.1												2.1
10K Mile	1.1	2	3.1	3.3	4.4								5.3
Half Marathon Mile	1.1	2	3.1	3.3	4.4	5.3	6.25	7.25	8.25	9.25	10.25	11.25	12.2
First Aid	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Water	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Electrolytes		✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	
Energy							✓	✓	✓	✓	✓	✓	
Porta-Poos		✓			✓			✓			✓		

- **Audio Devices –** Portable music devices that require the use of a headset are discouraged but will not disqualify athletes from competition. For safety purposes and so you can hear announcements or directions, please be sure to keep the volume at a reasonable level.
- **Course Cut-off –** As much as we'd like to support each and every athlete through to the finish no matter what... the venue, surrounding neighborhoods, volunteers and vendors all need to know when they can expect us to be done for the day. Therefore, although there will be a strictly enforced, no exceptions, **4-hour time limit for the half marathon**, there will be warnings for those who are cutting it close, providing the opportunity to pick up the pace if they are able to do so safely. Warnings will begin after the final turnaround, and cut-offs will take place at the last 2 aid stations. Athletes who are unable to maintain an average 18:20 pace will have 2 options:
  1. Give up their bib, move to the sidewalks and continue toward the day's 13.1 goal, OR
  2. Accept a ride back to the venue in one of our official course vehicles.

  ***IMPORTANT**: No one plans to have a bad race, so please consider in advance which option you might choose knowing that all course markings & support must be removed by our sweep. In either case, the official result will be recorded as a DNF.

- **Dogs –** If you have a dog with you, please be sure to start from the back of the chute, then please keep their leash as short as possible at all times. (We'll have water at each stop for them too.)
- **Drop Zone** - Beginning about 300' before and ending at your first aid station, athletes may drop layers of clothing or equipment they no longer wish to have with them. Our amazing staff will transport these items to Lost & Found as quickly as possible. Please be sure your name is on anything you plan to drop for easier identification when you finish.
  - ***Note**: Although we will deliver all items, only those dropped on your first pass by Aid 1 can be brought in immediately. If you drop items at any other time, please plan to wait until after the course cut-off to pick them up.
- **Litter** - Please remember that we are guests of the venues that welcome us, and that litter could jeopardize the life of this event. Please do not litter. Instead, please utilize the drop zone described above or dispose of all trash in proper receptacles.
- **Porta-Poos** - Under no circumstances should athletes 'relieve' themselves in public areas. Please either use the facilities available at the venue or look for the units positioned at Aids 2 & 5.
- **Race Etiquette** - Because this is an out & back course, the more athletes there are on race day, the more important race etiquette principles become. Very basically, please stay right at all times so others can pass on your left.

RESULTS & AWARDS

All results and awards will be based on chip times (time starts when you cross the mats) rather than gun times (time starts when the gun goes off). Please be sure you start with the correct distance and please know that even if no one passed you, it is possible that they could finish with a faster time if they started behind you.



- **Age Groups** - Competitive divisions are determined by an athlete's age on race day and groups are in 10-year increments. Those who place in the top 3 for their distance and gender will be moved to the 'Overall' division, regardless of age, leaving the remaining field eligible for division awards.
- **Results** - Preliminary results will be posted live and can be accessed by scanning the QR code on your bib. Please be sure to take a peek before your award ceremony. Should something seem out of whack, the wonderful peeps in the timing tent are the ones who can get it straightened out, as staff members handing out awards do not have access to the timing system. Although discrepancies that go unreported on race day may be corrected online later… if you decide not to check results before your ceremony, please understand that awards will not be adjusted for you after they have been handed out. Any discrepancy whatsoever must be reported via email to events@aloharacing.com by 11:59p on Sunday, the day after race day, to be considered for revision of final results.
- **Awards** - Those who are unable to stay for their ceremony will have until 11:59p Sunday, the day after race day, to claim their award by emailing us at events@aloharacing.com. Winners may choose to pick up their award at an upcoming Aloha Racing event or have it mailed, but payment of postage & handling will be required in advance.

RACE PHOTOS

Have you heard that all your race photos are free? Yup, it's true… all photos taken by our professionals are completely free to download. Please sit tight for a few days following the race, then take a peek at our 'Results & Photos' page at www.aloharacing.com/results. With our sincerest thanks for racing with Aloha, enjoy!

OTHER STUFF YOU MAY WANT TO BE AWARE OF

- **DNF (Did Not Finish)** – Unfortunately, races don't always go the way we hope as athletes. Although we understand decisions to bail to end the misery, please know that because you crossed the start line, we will be watching for you to finish.
  - ***Important:** If you decide to drop out mid-race, please be sure to let our timers know before taking off for the day.
- **Distance Changes** - Should you decide to switch to a different race distance, please know it is super important that you let the folks who check you in know before you start your race. If you either start with a distance other than the one you are registered for or complete the course for a different distance, you will be disqualified.
  - ***Note:** *We know not everyone cares about their times or results so please understand that although it may not seem like a big deal if you change distances without telling us, and you may not care if you get disqualified… an average 5K time, for instance, can look very much like a fast*

10K when we are finalizing results. In a case like this, ***just one athlete failing to notify us that they've switched distances can throw off the awards for up to 10 other athletes,*** *so please know that everyone is counting on your cooperation.*

- **Gear Check –** Please feel free to check anything from a backpack to a single set of keys, just please be sure to consolidate into one piece only and know that you are checking at your own risk. Although we will do our best to keep your items safe, we will not be hiring professional security and will not be held responsible for lost, stolen or damaged items.
  - ***Important:** Please be sure to keep your bib number on until you have picked up your gear. For security purposes, checked items will only be released to an athlete wearing the corresponding bib number. Any gear left at the end of the event will be considered 'Lost & Found' and will be handled in the manner specified below.
- **Lost & Found –** All items picked up from within the drop zone or found lying around the venue will be taken to Lost & Found which will be located at the Gear Check tent. Please check to see if we have what you're looking for before heading home for the day or email us at events@aloharacing.com as soon as possible following the event as items will only remain available until 11:59p Sunday, the day after race day. You may choose to pick up your item at an upcoming Aloha Racing event or have it mailed, but payment of postage & handling will be required in advance of any mailing.
- **Meal** – Mmmm... breakfast burritos & chocolate milk! For those who purchased a meal when they registered, please enjoy some immediate hydration when you cross the finish line, then catch your breath and look for the tent in the expo area to pick up your deliciousness. (Please be aware that finish line items are for athletes only. All spectators should plan to bring with them whatever they may want or need throughout the morning.)
  - ***Note:** Please be sure you are still wearing your bib when you pick up your meal so we are able to verify your purchase.
- **Prizes** – You do NOT want to miss your award ceremony, even if you don't believe you have placed. Our fabulous sponsors have contributed *several thousand dollars* in prizes and all athletes will be eligible to win in a random drawing.
  - ***Note:** To be sure we call out only those who are present, prize tickets will not be taken until the start of each ceremony. *Please wait until these times* to approach our staff with your ticket:
    5K: 7:45a / 10K: 8:30a / Half: 9:30a
- **Shirts** – We want you to LOVE your race shirt! Although you will initially be given the size you purchased when you registered, if you believe a different size might work better, please swing by the Registration area after you finish to see if a swap is possible. Race day purchases may also be available, just head over to that same area after you finish to see what's the what.



- **STICKERS! – New for 2026** to dress up your car, laptop, water bottle, luggage or anything else that keeps you motivated. (Available at the registration tent after all races have started.)



- **Sustainability –** Wai Kai prohibits the use of single-use plastic. Please be sure any food or beverage containers you bring with you are reusable / non-disposable and/or 100% BPI certified compostable.

- **Updates** – Last minute event updates will be posted on our website but will only be emailed to registered athletes if time / circumstances allow. Please bookmark our website to stay in the know and please be aware that no site other than www.aloharacing.com can be relied upon for accurate information.

LAST, BUT NOWHERE NEAR LEAST

Event sponsors step up in a number of ways… in support of the benefitting charity, the community, and for each individual athlete with services, supplies and of course, with some amazing prizes! Mahalos are great, but let's give back a bit and show 'em some love.

Ono Kine entertainment
Bringing authentic Hawaiian Hula celebrations to our 2026 award ceremonies!

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